



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09520, Kiwifruit, ZESPRI SunGold, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	82.44	10	0.407	80.7	84.2	9.0	81.519	83.361	1	Analytical or derived from analytical	--	03/2015
Energy	kcal	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Energy	kJ	262	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Protein ¹	g	1.02	10	0.082	0.55	1.59	9.0	0.838	1.209	1	Analytical or derived from analytical	--	03/2015
Total lipid (fat) ¹	g	0.28	5	0.020	0.2	0.3	4.0	0.224	0.336	1	Analytical or derived from analytical	--	03/2015
Ash ¹	g	0.47	10	0.026	0.4	0.6	9.0	0.411	0.529	1	Analytical or derived from analytical	--	03/2015
Carbohydrate, by difference	g	15.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fiber, total dietary ¹	g	1.4	10	0.030	1.3	1.6	9.0	1.362	1.498	1	Analytical or derived from analytical	--	03/2015
Sugars, total	g	12.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015

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Sucrose 1	g	1.22	10	0.085	0.9	1.7	9.0	1.027	1.413	1	Analytical or derived from analytical	--	03/2015
Glucose (dextrose) 1	g	5.28	10	0.146	4.6	5.9	9.0	4.95	5.61	1	Analytical or derived from analytical	--	03/2015
Fructose 1	g	5.80	10	0.178	5	6.6	9.0	5.397	6.203	1	Analytical or derived from analytical	--	03/2015
Lactose 1	g	0.00	10	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	03/2015
Maltose 1	g	0.00	10	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	03/2015
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Starch 1	g	0.12	10	0.013	0.1	0.2	9.0	0.09	0.15	1	Analytical or derived from analytical	--	03/2015
Minerals													
Calcium, Ca 1	mg	17	10	0.910	15	24	9.0	15.262	19.378	1	Analytical or derived from analytical	--	03/2015
Iron, Fe 1	mg	0.21	10	0.015	0.15	0.28	9.0	0.177	0.246	1	Analytical or derived from analytical	--	03/2015
Magnesium, Mg 1	mg	12	10	0.486	11	16	9.0	11.18	13.38	1	Analytical or derived from analytical	--	03/2015

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Phosphorus, P 1	mg	25	10	1.020	19	31	9.0	22.893	27.507	1	Analytical or derived from analytical	--	03/2015
Potassium, K 1	mg	315	10	7.638	270	350	9.0	297.722	332.278	1	Analytical or derived from analytical	--	03/2015
Sodium, Na 1	mg	3	10	0.252	2	4	9.0	2.15	3.29	1	Analytical or derived from analytical	--	03/2015
Zinc, Zn 1	mg	0.08	10	0.004	0.06	0.09	9.0	0.069	0.087	1	Analytical or derived from analytical	--	03/2015
Copper, Cu 1	mg	0.151	10	0.010	0.09	0.18	9.0	0.129	0.174	1	Analytical or derived from analytical	--	03/2015
Manganese, Mn 1	mg	0.048	10	0.004	0.03	0.06	9.0	0.039	0.056	1	Analytical or derived from analytical	--	03/2015
Selenium, Se 1	µg	0.4	10	0.160	0	1.1	9.0	0.078	0.802	1	Analytical or derived from analytical	--	03/2015
Fluoride, F 1	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamins													
Vitamin C, total ascorbic acid 1	mg	161.3	10	6.050	135.4	201.6	9.0	147.644	175.018	1	Analytical or derived from analytical	--	03/2015
Thiamin 1	mg	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1	mg	0.074	10	0.002	0.07	0.08	9.0	0.07	0.078	1	Analytical or derived from analytical	--	03/2015
Niacin 1	mg	0.231	10	0.016	0.14	0.3	9.0	0.195	0.267	1	Analytical or derived from analytical	--	03/2015
Pantothenic acid 1	mg	0.120	5	0.049	0	0.2	4.0	-0.016	0.256	1	Analytical or derived from analytical	--	03/2015
Vitamin B-6 1	mg	0.079	10	0.005	0.05	0.11	9.0	0.068	0.09	1	Analytical or derived from analytical	--	03/2015
Folate, total 1	μg	31	10	1.654	22	41	9.0	26.899	34.381	1	Analytical or derived from analytical	--	03/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Folate, food	μg	31	10	1.654	22	41	9.0	26.899	34.381	1	Analytical or derived from analytical	--	03/2015
Folate, DFE	μg	31	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Choline, total 1	mg	1.9	5	0.417	1.1	3.4	4.0	0.742	3.058	1	Analytical or derived from analytical	--	03/2015
Vitamin B-12 1	μg	0.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamin A, RAE	μg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Carotene, beta ¹	µg	14	10	0.965	11	19	9.0	11.763	16.129	1	Analytical or derived from analytical	--	03/2015
Carotene, alpha ¹	µg	0	10	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	03/2015
Vitamin A, IU	IU	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Lycopene ¹	µg	0	10	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	03/2015
Lutein + zeaxanthin ¹	µg	24	10	2.122	16	36	9.0	18.964	28.563	1	Analytical or derived from analytical	--	03/2015
Vitamin E (alpha-tocopherol) ¹	mg	1.40	10	0.045	1.12	1.55	9.0	1.297	1.5	1	Analytical or derived from analytical	--	03/2015
Tocopherol, beta ¹	mg	0.04	10	0.004	0.03	0.06	9.0	0.034	0.052	1	Analytical or derived from analytical	--	03/2015
Tocopherol, gamma ¹	mg	0.07	10	0.011	0.01	0.11	9.0	0.045	0.093	1	Analytical or derived from analytical	--	03/2015
Tocopherol, delta ¹	mg	0.00	10	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamin D3 (cholecalciferol) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamin K (phylloquinone) ¹	µg	6.1	10	0.309	4.9	7.6	9.0	5.37	6.77	1	Analytical or derived from analytical	--	03/2015
Lipids													
Fatty acids, total saturated	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
4:0 ¹	g	0.001	5	0.000	0	0	4.0	--	0.001	1	Analytical or derived from analytical	--	03/2015
6:0 ¹	g	0.000	5	0.000	0	0	4.0	--	0.001	1	Analytical or derived from analytical	--	03/2015
8:0 ¹	g	0.001	5	0.000	0	0	4.0	--	0.001	1	Analytical or derived from analytical	--	03/2015
10:0 ¹	g	0.001	5	0.001	0	0	4.0	--	0.003	1	Analytical or derived from analytical	--	03/2015
12:0 ¹	g	0.003	5	0.001	0	0	4.0	0.001	0.005	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.003	5	0.001	0	0.01	4.0	0.002	0.005	1	Analytical or derived from analytical	--	03/2015
15:0 1	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
16:0 1	g	0.048	5	0.004	0.03	0.06	4.0	0.038	0.059	1	Analytical or derived from analytical	--	03/2015
17:0 1	g	0.000	5	0.000	0	0	4.0	--	0.001	1	Analytical or derived from analytical	--	03/2015
18:0 1	g	0.006	5	0.001	0	0.01	4.0	0.004	0.008	1	Analytical or derived from analytical	--	03/2015
20:0 1	g	0.001	5	0.000	0	0	4.0	0.001	0.001	1	Analytical or derived from analytical	--	03/2015
22:0 1	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
24:0 1	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
Fatty acids, total monounsaturated	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
14:1 1	g	0.005	5	0.002	0	0.01	4.0	--	0.009	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
16:1 undifferentiated 1	g	0.004	5	0.000	0	0	4.0	0.003	0.004	1	Analytical or derived from analytical	--	03/2015
16:1 c 1	g	0.004	5	0.000	0	0	4.0	0.003	0.004	1	Analytical or derived from analytical	--	03/2015
17:1 1	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
18:1 undifferentiated 1	g	0.014	5	0.002	0.01	0.02	4.0	0.008	0.021	1	Analytical or derived from analytical	--	03/2015
18:1 c 1	g	0.014	5	0.002	0.01	0.02	4.0	0.008	0.021	1	Analytical or derived from analytical	--	03/2015
20:1 1	g	0.000	5	0.000	0	0	4.0	--	0.001	1	Analytical or derived from analytical	--	03/2015
22:1 undifferentiated 1	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
24:1 c 1	g	0.000	5	0.000	0	0	4.0	--	0.001	1	Analytical or derived from analytical	--	03/2015
Fatty acids, total polyunsaturated	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated ¹	g	0.060	5	0.004	0.05	0.07	4.0	0.047	0.072	1	Analytical or derived from analytical	--	03/2015
18:2 n-6 c,c ¹	g	0.058	5	0.005	0.05	0.07	4.0	0.046	0.071	1	Analytical or derived from analytical	--	03/2015
18:2 CLAs ¹	g	0.001	5	0.000	0	0	4.0	--	0.003	1	Analytical or derived from analytical	--	03/2015
18:3 undifferentiated ¹	g	0.043	5	0.002	0.04	0.05	4.0	0.038	0.048	1	Analytical or derived from analytical	--	03/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.043	5	0.002	0.04	0.05	4.0	0.038	0.048	1	Analytical or derived from analytical	--	03/2015
18:3 n-6 c,c,c ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
18:4 ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
20:3 undifferentiated ¹	g	0.008	5	0.001	0	0.01	4.0	0.004	0.012	1	Analytical or derived from analytical	--	03/2015
20:3 n-6 ¹	g	0.001	5	0.000	0	0	4.0	-0.001	0.002	1	Analytical or derived from analytical	--	03/2015
20:4 undifferentiated ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 n-6 ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
20:5 n-3 (EPA) ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
21:5 ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
22:4 ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
22:5 n-3 (DPA) ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
22:6 n-3 (DHA) ¹	g	0.000	5	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	03/2015
Cholesterol ¹	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015

Sources of Data¹Crop & Food Research, New Zealand Nutrient composition of New Zealand Zespri SunGold kiwifruit, 2015